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**NATIONWIDE FOOD CONSUMPTION SURVEY CONTINUING SURVEY OF  
FOOD INTAKES BY INDIVIDUALS - (USED AS A REFERENCE IN  
OU1, OU2, AND OU5 RI REPORTS)**

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United States  
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Agriculture

Human Nutrition  
Information  
Service

Nutrition  
Monitoring  
Division

NFCS CSFII  
Report No. 85.1

# CSFII

## Nationwide Food Consumption Survey Continuing Survey of Food Intakes by Individuals

COMPLETED

19-50 Years and Their  
1-4 Years 1 Day

ORIGIN

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## ABSTRACT

This report presents 1-day food and nutrient intake data for 1,503 women 19 to 50 years of age and 548 of their children 1 to 5 years of age in the 48 conterminous States. Data collection began April 1, 1985, and continued into June 1985 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Data were collected using a 1-day recall in a personal interview, and are compared with data collected in a comparable manner for individuals of the same ages in the Nationwide Food Consumption Survey 1977-78, spring quarter (April through June). Data are provided in 54 tables, and major results are summarized. Food intakes are aggregated in 60 food groups and subgroups and are tabulated for children 1 to 3 years of age, children 4 to 5 years, children 1 to 5 years, and women 19 to 34 years, 35 to 50 years, and 19 to 50 years. Mean quantities of foods eaten per individual per day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances are provided for individuals in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of individuals following special diets or using vitamin and mineral supplements. Characteristics of the sample are included also.

KEYWORDS: Dietary survey, food intake, food away from home, frequency of eating, nutrient density, nutrient intake, snacks, supplements, women, children.

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## ACKNOWLEDGMENTS

The Continuing Survey of Food Intakes by Individuals, 1985 was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. The sample was designed and the data collected under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc.; Beth B. Rothschild was the project director. Robert B. Reese, chief of the Division's Food Consumption Research Branch had overall responsibility for planning and supervising the survey. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry E. Greer, Patricia M. Guenther, Sharon J. Mickle, and Carol A. Tuszyński--in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Assistance was also provided by Alexander Kipnis, Gail Hutchinson Kirby, Marva J. Philip, Teresa L. Robinson, Heidi G. Sanbower, and Maia M. Baudelaire. Katherine S. Tippet coordinated the preparation of the report. Bruce C. Gray, Renee A. Powell, and Jan L. Janiczek were responsible for data processing, and technical assistance was provided by Helena M. Chang, Joseph D. Goldman, and Anhtram C. Vu. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. Johna L. Pierce, Gerald Smith, and Shirley A. Shirron provided editorial and production assistance. Joanne Rosenthal Levine and staff produced the final camera-ready copy.

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